



# CAPITOL LUNCHROOM MENU

<http://www.state.nd.us/fac/>

## MONDAY, AUGUST 21

<b>GRILL</b>	SLOPPY JOE WITH CHIPS @ \$2.50..... WITH FRIES	\$3.50
<b>LOWFAT</b>	SMOKED TURKEY WRAP	\$2.75
<b>FEATURE</b>	PARMESAN CHICKEN BREAST WITH POTATO, VEG., & ROLL	\$5.14
<b>FEATURE</b>	SALISBURY STEAK WITH POTATOES, VEG. AND ROLL	\$5.14

## TUESDAY, AUGUST 22

<b>GRILL</b>	CHICKEN FRITTER 'N' SWISS ON SOUR DOUGH ..... WITH CHIPS @ \$2.95 ..... WITH FRIES	\$3.95
<b>FEATURE</b>	VEAL ON PASTA WITH MOZZARELLA, MARANARA & BREADSTICK	\$5.14
<b>LOWFAT</b>	TUNA CASSEROLE WITH VEG. & ROLL	\$4.90
<b>FEATURE</b>	BAKED POTATO WITH BEEF STOGANOFF (EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour Cream-.25 each)	\$3.25

## WEDNESDAY, AUGUST 23

<b>GRILL</b>	<b>TACO SALAD BAR</b>	\$5.14
<b>LOWFAT</b>	ROAST BEEF BAGEL	\$2.75
<b>FEATURE</b>	HAMBURGER VEGETABLE CASSEROLE WITH ROLL	\$4.90
<b>FEATURE</b>	COUNTRY RIBS 'N' KRAUT WITH POTATO & ROLL	\$5.14

## THURSDAY, AUGUST 24

<b>GRILL</b>	FRENCH DIP N SWISS SANDWICH WITH CHIPS \$3.25 WITH FRIES	\$4.25
<b>LOWFAT</b>	TURKEY SALAD SANDWICH (NO FAT MAYO)	\$2.75
<b>FEATURE</b>	HOT HAMBURGER (GRAVY \$ POTATOES) WITH VEG.	\$4.90
<b>FEATURE</b>	BAKED CHICKEN WITH POTATOES, VEG & ROLL	\$5.14

## FRIDAY, AUGUST 25

<b>GRILL</b>	TUNA MELT WITH CHIPS @ \$2.85 ..... WITH FRIES	\$3.85
<b>LOWFAT</b>	TURKEY CHOW MEIN HOTDISH WITH VEG. & ROLL	\$4.90
<b>FEATURE</b>	SHEPPARDS PIE WITH VEG., & ROLL	\$4.90

## DAILY SPECIALS

**FRENCH FRIES ARE \$1.25 OR \$1.00 WITH A SANDWICH**

*** GRILLED CHICKEN ***		\$2.70
HOT BEEF SANDWICH		\$4.58
ROAST BEEF DINNER		\$4.90
SALAD BAR		\$1.90
CHILI	CUP \$1.50 BOWL	\$2.00
SOUP	CUP \$1.45 BOWL	\$1.95

**CAFETERIA HOURS: 7:00 A.M. TO 4:30 P.M.**

**BREAKFAST: 7:00 - 10:30**

**LUNCH: 10:30 - 1:30**

